



Activities & Resources

Card games for encouraging discussion about feelings

Let's Talk (Speechmark Publishing) Let's Talk!" is a set of discussion and prompt cards designed for use by all groups. The pack is divided into the following three themes: One thing ...One thing I feel I do well is...One thing that amuses me is...One thing that would brighten up my day is ...Think back: What is your earliest memory? Name something good about getting older; do you remember going to your first dance? Let's talk: Do you like your name? If you had one wish, what would it be? What do you enjoy reading?

Circle Time

Circle Time for Adolescents (Lucky Duck Publishing) is designed for pupils in key stage 3 - 4. It's particularly good for aiding transitions, and helping children with their emotional wellbeing. It covers a variety of topics including co-operation, relationships and stress.

Circle Time out of the box (Nijen Ltd) - these can be used as a whole school scheme of work. Use for ideas/discussion points and opportunities to reflect. They provide a focus on self-esteem, team building, moral values and social skills.

Musical instruments

Percussion and skin drums. Copy and make sounds rhythm to help young people develop their ability to pay purposeful attention.

Thinking games

Twister, Connect 4, Frustration, Jenga

Creating a sense of belonging

Create a belonging box wall including photos/drawings/maps. Give children ownership over what they'd like to include. This could be part of a wider topic.



Secondary Nurture Resources

These resources have been gathered by
Argyll & Bute Educational Psychology Service

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Discovery boxes

Decorate some interesting boxes and fill with a variety of interesting objects such as photographs, sensory objects, tools and fossils. Allow children to feel, explore, investigate and discuss. They can use to make stories and play with others, allowing for constructive participation.

Newspapers

For discussion about interesting news items, local and national. Encourage children to engage in investigation and critique about current affairs. Some interesting ones are: New Scientist, History Today, Private Eye, First News.

Kim's Game

Place different objects on a table, cover with a cloth. Ask children to remember the options. Discuss which strategies they used, e.g. story to remember, visualisation, rows. Try again with different items.

SEAL Maths

Maths games and activities for all children and young people. Can be used at the start of a lesson. Great for mental maths, learning strategies and encourages involvement. Progressive in nature.

Emotions activities

Draw your emotions by Margot Sunderland, create an emotions wall, use sensory stones (paint your own, with different emotion faces) to encourage discussion - or create a daily emotions diary check-in.

Construction equipment

Lego, K'Nex, mobilo, brio, construction straws, construction vehicles, teifoc, drills/tool station, (role play), foam bricks - to encourage engagement with peers.



Relaxation time

Encourage relaxation and thought by using a mindfulness app, or relaxing music on the smartboard or via bluetooth. Encourage children to sit or lie down comfortably for a short amount of time. This is to teach children about constraints. Speak to young people about when it will start/stop to reduce anxiety. Once finished discuss how they felt. Lava lamps (can be home-made) and fibre optic tubes can be used too, as an alternative activity.

Clapping Games

Clapping Games book by Jenny Moseley - to build trust and be accommodating to others.

Charades

Encourages communication and team work. Enables young people to build confidence whilst responding to others in a meaningful and respectful way.

Make your own game (can be groups or pairs)

Give children some criteria and materials and allow them to make their own game. It could be 2D or 3D. Encourage team building, engaging cognitively, involvement.

Hot Seating

Teacher or child can be in the hot seat, as themselves or as a character. This can be particularly engaging for children if the character is someone familiar, eg. from a fairy tale. Young people to take turns asking/answering questions. This is to build a young person's involvement without them being in control or passive. This encourages friendships that are reciprocal, via a fun and interactive process.

Social Stories

Social stories are a great way of getting information across in a simple and concise way. Visuals help children to remember, and to apply. Try websites such as [Social Stories | SEN Resource Source](#) which has a wide range of social stories for children and young people. Stories include topics as vast as visiting a supermarket or dentist, to parental divorce and turn taking.



Useful Links

[Mindfulness for Teens](#) – a good description of what mindfulness is and some useful videos and resources for 5 min meditations to try

[Better Movers and Thinkers - scaffolding practices | Learning resources | National Improvement Hub \(education.gov.scot\)](#) - Simple, practical and fun activities to improve coordination, thinking, listening and communication skills.

<https://beaconhouse.org.uk/resources/> - an excellent website filled with resources around the repair of trauma and adversity

www.relaxkids.com - Creating calm, confident kids in chaotic times

[Teaching resources - Tes](#) - Particularly the PSHE area

[Free primary and secondary school teaching resources - BBC Teach](#)

[BBC One - The Blue Planet](#)

www.risingstars-uk.com Superstars books

[31 Fun Parachute Games and Activities for Kids | Kid Activities](#) - Parachute games for all ages. Used to encourage participation and working with others.

[Blob Shop - Home of the Blob Tree Communication Tools. | blobshop](#) - Blob tree resources, a visual representation of young people's feelings. A safe and quiet area is paramount.

[What Is A Social Story? - Carol Gray - Social Stories \(carolgraysocialstories.com\)](#) - Useful information about what social stories are and how to apply them.

[Nurture Groups | SEN Resource Source](#) - Lots of useful resources to help set up a nurture group.

[Resources | Meditation In Schools](#)

[Kids - Mindful](#)

[GoNoodle | Home](#)- Games that get your kids moving!

[Home - Emotion Works](#) - Emotion works

[Intro - KIDZ BOP UK](#) - Kids Bop

<https://www.morningchallenge.co.uk> - Morning Challenge



<https://www.prodigygame.com/main-en/blog/brain-teasers-for-kids/> - Brain Teasers

[Lumosity Brain Training: Challenge & Improve Your Mind](#) - Fun memory game

[30 Funny Debate Topics | List Of Fun Topics For Debate | Games4esl](#)

[What is a circle of friendship - resources and worksheets \(edplace.com\)](#)

[Active Listening Games for Teenagers \(ourpastimes.com\)](#)

www.yarnfieldpark.com/blog/8-quick-team-building-activities - Team Building activities

www.nhsggc.org.uk/kids/resources/ot-activityinformation-sheets/theraputty-hand-strength-exercises/ - Improving Fine motor skills – Theraputty

www.nhsggc.org.uk/kids/healthcare-professionals/paediatric-occupational-therapy/fizzy-programme/ - Improving Fine motor skills - Fizzy

<https://www.bing.com/videos/search?q=Explaining+idioms&adlt=strict&view=detail&mid=0DFCEB8764B3E7B8CD840DFCEB8764B3E7B8CD84&&FORM=VRDGAR>
Video explaining idioms

[Idioms for Kids - The Idioms](#) - Examples of idioms for children to explore

[Body Language Activities & the Importance of Nonverbal Communication \(anivda.com\)](#) - Explore verbal/ non-verbal communication skills. Someone can say they are fine but their tone may say otherwise. Play a game to explore this further – Number 6 (Guess the leader) and Number 8 (miscommunications) are both good.

[draw with rob - Bing video](#) - Get creative together

[Hot seat | TeachingEnglish | British Council | BBC](#) - Drama activities for exploring emotions - Hot Seating – emotions & word of the day

[Showing moods and emotions - Drama - KS3 English Revision - BBC Bitesize](#)

[5 Reflection Activities to Help Students Glow and Grow – Education Rickshaw](#)

<https://childhood101.com/wp-content/uploads/2017/03/Calm-Down-Brain-Break-Breathing-Exercise-Cards.pdf> - Breathing Task Cards

<https://tfelatnps.edublogs.org/files/2018/01/MindfulnessActivityCards-rsqxiw-28ogcn6.pdf> - Printable Mindfulness Task Cards

<https://www.andnextcomesl.com/2019/09/stop-mindfulness-exercise.html> - The STOP mindfulness process (Stop, Take, Observe, Proceed)



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<https://open.spotify.com/show/3Hfu2ZF6pzSsdf9LfhNj3q> - The Nurture Podcast by Katie Dobson & Lynsey Madonia. Free nurture training, also accessible via work devices here: <https://anchor.fm/katielynsey>

[What Happened to You?: Conversations on Trauma, Resilience, and Healing eBook : Winfrey, Oprah: Amazon.co.uk: Books](#) – Excellent CPD to inform knowledge about the impacts of trauma.

[Numicon, Primary School Maths Resources \(oup.com\)](#)

[Sensory Circuits - Childrens Choice Therapy](#)

[Create a Me Tree- A Self-Reflection Activity - Action for Healthy Kids](#)

[Self Esteem Exercises: Living Tree Self Awareness Activity \(doorway-to-self-esteem.com\)](#)

[How can nurture help you? Six principles of nurture - BBC Bitesize](#) Includes two lovely videos: 'Kindness & Feelings' and 'Dealing with Change'